

ANNUAL NARRATIVE REPORT

NAVAJO COUNTY

ARIZONA

December 1, 1955

to

November 30, 1956

Work of

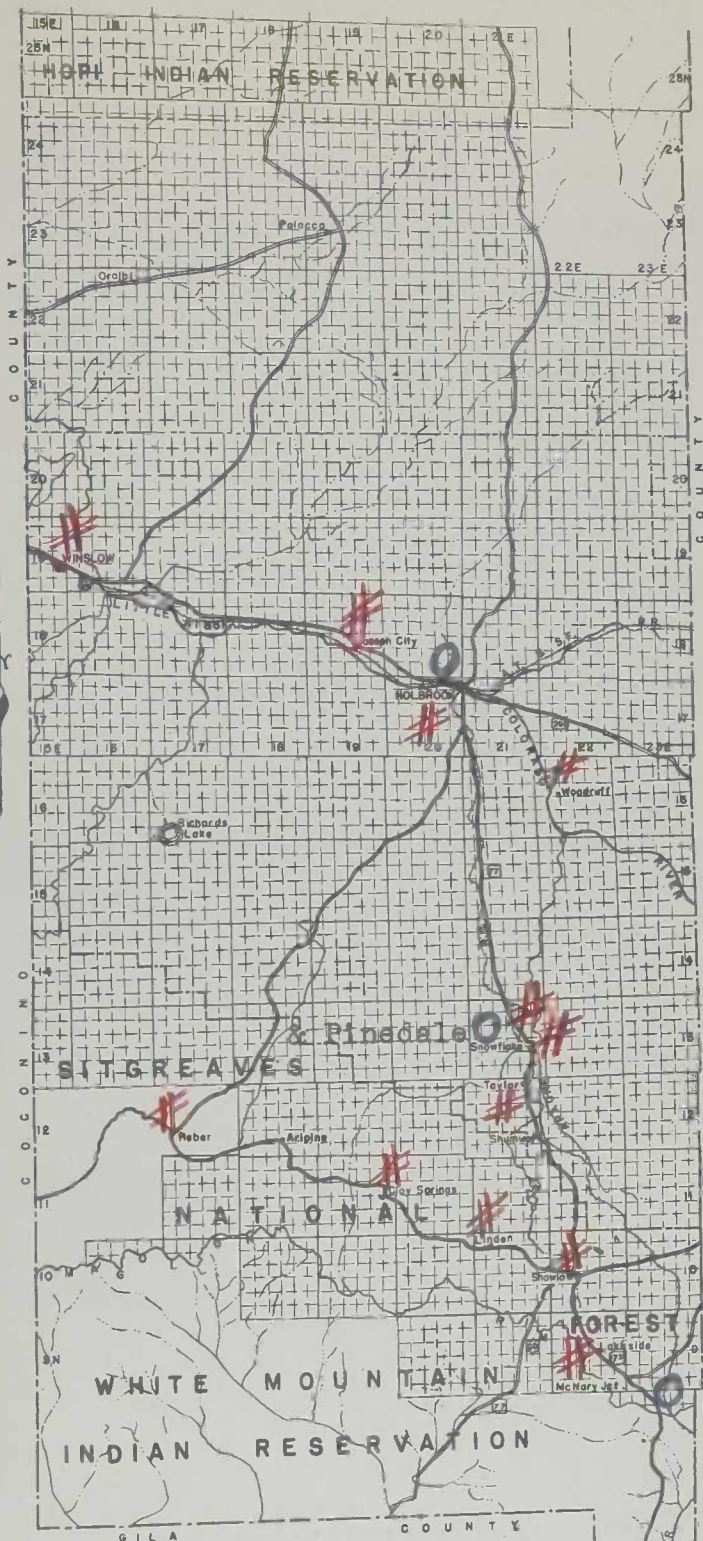
Madeline B . McConnico, Home Agent-at-Large

and

Bettie Mead, Home Agent

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# Relief Societies

O Homemaker Clubs

# NAVAJO COUNTY, ARIZONA

SCALE IN MILES  
0 1 2 3 4 5 6 12 18 24



Big River  
GRAHAM

## COUNTY SITUATION

Navajo County is located in the Northeastern part of Arizona. It is approximately 300 miles long and 60 miles wide. It ranges in altitude from 4,500 to 7000 feet. The climate is pleasant in the summer and fall but cold, damp winters made travel into the rural parts of the communities hazardous and the dusty springs present many problems to the homemakers. The Southern part of the county is becoming an important summer camping and fishing area and hunting area in the fall. About 60 per cent of the county is Indian Reservation territory for the Navajo, Apache, and Hopi Tribes. Another large section of the county is government owned as Sitgreaves National Forest. According to the 1950 U. S. Census only about 18.6 per cent of the land in the county is privately owned.

Agriculture is the basic industry of the county. Cattle and sheep are the leading products. Sheep are chiefly raised by the Navajo on the Reservation. In the Snowflake-Taylor area vegetables such as carrots and cucumbers are being grown, while Joseph City is primarily known as a dairy and poultry headquarters. Sawmills, tourist trade, construction work, railroading, mining, provide employment for the non-agriculture population. Approximately 80 per cent of the farmer population derive their major income from non-agriculture pursuits.

Holbrook, the county seat with a population of 3000, and Winslow with a population of 8000 are the shopping centers for the county. Showlow, with its fast growing population, will soon become another important center.

The county is becoming more aware of the necessity for improving health and sanitation facilities. There is a sanitary engineer employed by the county and by the city of Winslow. There are four doctors in Winslow and two in Holbrook. There are two dentists in Winslow, one in Holbrook, and one in Snowflake. There is a hospital in Winslow, one in Holbrook and maternity clinic in Snowflake. There are also Indian Service hospitals at Keams Canyon, Winslow and Whiteriver.

There are seven dairies which pasturize milk located at Winslow, Joseph City, Holbrook, and Taylor. In the outlying rural towns, such as Clay Springs, a few individual families own cows, but very few pasturize their own milk. Many of the families in the county grow their own vegetables in the summer and freeze their surplus using their own home freezers or locker storage plants.

There is a small library at Showlow sponsored by the PTA and Business and Professional Women's Club. A movement has started in Holbrook through the Women's Club and the BPW to establish a local library there. There is not much awareness of the value of a public library and interest is very low.

The dominant religion is the Church of Jesus Christ of Latter Day Saints. The Relief Society organization which is the Women's auxiliary has a heavy program throughout the winter months. The summer months are free from church planned programs and provide an excellent time for meetings. The L.D.S. women are so busy with this church work that it is difficult for them to attend meetings outside their own community.

There was no Home Agent working in Navajo County during December 1955, January, May, or June of 1956. Mrs. Madeline B. McConnico, Home Agent-at Large did work in Navajo County February 9, 10, 14; March 21, 22, 23; and April 25, 26, 27, of 1956.

Miss Mead, Home Agent worked in Navajo County as follows:

July 1956	26 working days
August 15-31, 1956	13 working days
September 1-3; 9-16; 29-30, 1956	9½ working days
October 1-8; 10-14, 26-31	14 working days
November 1-18, 1956	12 working days

Miss Helen Church presented two sewing machine clinics, the last part of June when there was no Home Agent in the county. Miss Jean Stewart spent July 19-20; August 30-31; Sept. 14, Oct. 10, 1956 in Navajo County.



## OUTLOOK FOR 1957

Navajo County has made some improvements by paving a few roads within the city limits of Holbrook. Due to the fact that a supply of road topping exploded while being heated recently, fewer roads may be topped than what had been planned. The remaining section of highway has been completed between Winslow and Holbrook. A new motel is now in operation as well as a new gas station at Holbrook. The Community Church has recently completed a new wing in Holbrook. This area is a drouth area with many people applying for feed under the emergency program. Still, it has already snowed once at Holbrook and twice in other parts of the county.

The Home Agent is spending half time in Navajo County while in years past more of the Agent's time was devoted to Navajo and less to Apache.

There are three Homemakers Clubs in Navajo County located at Holbrook, Snowflake and Pinetop. These clubs did not meet regularly while there was no Home Agent in the County. The demonstration, "Getting Your Money's Worth in Soaps and Detergents" was given to Holbrook Homemakers and to the Relief Society at Winslow during November, other groups will have the opportunity for this meeting in January.

There are many Churches in Navajo County and many of them are the L.D.S. Churches. These Mormon people are a friendly people but they are also a very busy people with their Church Activities. The Home Agent has given demonstrations in Winslow L.D.S. Church and also at the Snowflake L.D.S. Church.

The Home Agent arrived in July while a new secretary arrived in September. The County Agent has been here five and one half years. As both the Home Agent and secretary have been busy getting orientated on the new positions, the work will go faster this coming year. The County Agent has been a big help in getting the new people indoctrinated.

## EXTENSION ORGANIZATION AND PLANNING

### Homemaker Clubs

Holbrook Homemakers, Snowflake Homemakers, and Pinetop Homemakers are the three Homemaker Clubs in Navajo County. Holbrook Homemakers have had one recent meeting with the Home Agent on "Getting Your Money's Worth in Soaps and Synthetic Detergents". The other two Homemaker Clubs will be met in January with this same demonstration. Snowflake Homemakers did not show up for an organization meeting in September; however the date may have been wrong or there may not have been enough publicity. In talking with individual women, the Home Agent has learned that they do want a Homemaker Club and they do want Tailoring. Since they have been working toward this end for the past three years and know that Tailoring is to be included in their program, it is believed this club will gain renewed interest. Some of the Snowflake Homemakers attended the Sewing Machine Clinic and the Pressure Cooker Clinic; However these were often meetings not limited to Homemakers. The Home Agent has not yet met with Pinetop Homemakers but will in January.

### L.D.S. Relief Societies

The L.D.S. Relief Societies enroll many of the women in the communities of the county with the exception of the Indian Reservation. During the winter months, they have one Home Economics lesson each month on the same subject that all other Relief Societies are studying. Their January 1957 meeting is on Breads and already some requests have been sent in for Extension Bulletins. Various demonstrations are offered these groups whenever time permits. There are eight L.D.S. groups in Navajo County with an enrollment of around 575 members.

### Program Planning

Program Planning for Navajo County was scheduled at the Community Church on Wednesday, October 10, from 2 to 4 P.m.

The following people attended from the following communities.

Minnie H. Bowler, Woodruff  
Rhoda T. Brinkerhoff, Woodruff  
Viva Hatch, Snowflake  
Sarah R. Decker, Snowflake  
Fern Smith, Snowflake  
Irene Black, Snowflake  
Melba Turley, Snowflake  
Frances Shumway, Taylor  
Henrietta Paulus, Holbrook  
Lucinda Farr, Holbrook  
Mrs. Esther Foye, Holbrook  
Helen B. Adams, Winslow  
Ada Rhoton, Winslow  
Mildred Morris, Whiteriver

Of this number, there were two Homemaker groups represented, 5 LDS groups, and 1 Indian Service person. Such a meeting needs two and one-half to three hours rather than the two hours scheduled.

All groups are interested in having "Getting your Money's Worth in Soaps and Detergents", given by the Home Agent in either November or January.

Miss Jean Stewart spoke to the group. Then the group was divided into three smaller groups. Foods, Clothing and Home Management were considered by the various groups. Later the entire group voted on the topics they liked the best to include in next year's program-The vote was as follows with each woman voting for two lessons out of each subject.

### Clothing

#### Vote

- 9 Cleaning - pressing (kinds of fluid, removing spots from garments)
- 8 Tailoring Techniques (bound buttonholes, tips on pressing, trimming seams, ready-made look) Snowflake wants tailoring not just techniques.
- 0 Drapes (care of, making, materials to choose, color combinations)
- 6 General Sewing (repairing garments, patching, invisible mending)
- 3 Selection of Clothing (ready made garments, basic needs)

### Foods

#### Vote

- 9 Meal Planning (emphasis on better breakfast)
- 8 Easy Entertaining
- 6 Teen-age needs (help teen-agers form good food habits)
- 3 Family participation in meal preparation.



Home Management

Votes

- 7 Best use of Home (with emphasis on making teen age'rs want to stay home).
- 6 Home Beautification (limited to color although landscaping, flower gardens, and lawns was also requested).
- 4 Selection and Use of Household Equipment.
- 4 Cleaning couches.
- 3 More closet space: Best use of present space.
- 2 Repair of electrical appliances (toasters, washers, irons, vacuum cleaners, and mixers).

One person left before voting began so that is why there are 26 votes instead of 27.

Besides the two top topics in each field, it was decided for the Home Agent to continue Sewing Machine Clinics and Pressure Cooker Clinics during the summer months.

#### OFFICER TRAINING MEETING

The only adult training meeting held was on "Broiling Meats." This demonstration was held in three locations-Taylor, McNary (Whiteriver women attended here), and Holbrook. Thirty leaders attended these meetings from seven communities. Eight Relief Societies were represented. In a questionnaire sent these leaders, reported having presented the demonstration to some other group. Six leaders helped with the preparation and plans for these meetings. More details of these meetings are given under Food Preparation. These meetings were given by Mrs. Madeline B. McConnico.

The "Simplified Slip Cover" meetings held in April were reported as method demonstrations; however some leaders have taken this demonstration back to their clubs. This will be reported in detail under Home Management.

## CLOTHING

"New Fabrics and Finishes" was a demonstration given to 63 persons during February by Mrs. Madeline B. McConnico. Two demonstrations were given as follows:

Snowflake - Homemakers Club	12
LDS members	17
Home Ec. Classes	<u>23</u>
	52
Chinle - Miss Imo Jean Harris	1
Mrs. Della Clay,	
Saleslady (Babbits)	1
Mrs. Ira L. Lopp,	
Saleslady (Variety Store)	1
Joseph City-L.D.S. Relief Society	2
Woodruff - L.D.S. Relief Society	1
Holbrook - Homemakers' Club	9
L.D.S. Relief Society	<u>6</u>
	21

The purpose of the demonstration was to acquaint homemakers with the type of fabrics they can expect to find or have found on the market.

The aims were to emphasize the importance of knowing something about the fabrics. Also to help the homemakers become aware of the ways in which they can learn about new fabrics. We discussed some of these important means by learning about fabrics.

1. Asking for an informative label
2. Checking the ends of bolts
3. If neither is available ask for important information

What information do we want?

1. What fibers make up the fabric.
  - a. - what proportion is there of each if it is a blend.
2. Is it color fast?
  - a. - What method of dying was used?
3. Does the fabric have a special finish?
  - a - Is it crease resistant?
  - b - Water repellant etc?
  - c - Does it need special attention because of the finish?
4. Will it shrink? What terms or words do we look for as guarantees for minimum shrinking?
  - a - Are there terms or words governing fabrics other than cotton?

What are they?

5. Will it stretch?
6. How to care for it? Washable - hand or machine?  
Drip dry?  
Dry cleaning?  
Temperature of iron?
7. If its a ready-made garment do all parts of it or trimmings on it meet the requirements of the rest of the garment?

The different fabrics were discussed in terms of the questions asked above. Samples of the fabrics were examined. Comments were made regarding them according to their particular characteristics.

Homemakers were generous in their comments of their experiences, both good and bad. Some of the undesirable experiences were:

1. The lady who washed a fancy rodeo shirt not knowing at all what fabric she was working with. All went well until she applied the iron. The first application of the iron to the back part of the shirt left a hole the size of the iron.
2. A new orlon washable coat belonging to a high school girl. She was told by the sales lady that it was washable. The young student washed it on Saturday afternoon to have it ready for Sunday School. When it was time for Sunday School she found that the washable coat which needed no ironing needed some special attention. The lining was two inches longer than the coat itself.
3. Nylon sewing thread was the subject of many unhappy experiences.
4. Fiberglass curtains had developed breaks lengthwise of the fabric. One person reported that her dog playfully touched the curtains with his sharp teeth. a hole developed. She wanted to know how to mend this.
5. In each of four of the groups there were several homemakers who had the sad experience of washing white embossed picolay with the regular white wash. Result: yellowed garment because a bleach was used.
6. A wool suit had shrunk beyond the size that it could be worn. The drycleaners had tried to stretch the garment. The skirt responded in length only. Question: How can wool be stretched? What does a consumer do under the circumstances?

7. Unpleasant factor of static electricity was discussed in all the groups.

8. Boys socks advertised as dacron and cotton actually have cotton toes and heels which require more darning rather than less darning as was expected.

9. One attractive young homemaker and consumer wanted to know how true it was that boiling would bleach nylon?

10. There were reports of breakage in fabrics which were blends. The homemakers had not followed directions given on the labels.

Their happy experiences were numerous. Mothers liked the orlon and wool blend for school girls' garments.

Washable coats of good quality were very well acceptable.

Few homemakers brought along copies of mail order catalogs. These were examined to find out how effective they are in giving information regarding merchandise represented.

There were three Sewing Machine Clinics held in Navajo County. Miss Helen Church, Clothing Specialist gave one at the L.D.S. Church in Winslow with an attendance of eleven women. Ten machines were cleaned and adjusted that day. Miss Church also gave another Sewing Machine Clinic at Taylor where nine sewing machines were cleaned and adjusted. Miss Mead, Home Agent gave a Clinic at Snowflake where seven machines were cleaned and adjusted.

There have been other requests for Sewing Machine Clinics and these will be filled in the spring or summer of 1957. It is important to have the windows open whenever dry cleaning fluid is used.



## FOOD PREPARATION

"Broilint Meats" was given as a leader training meeting by Mrs. Madeline B. McConnico.

Thirty foods leaders representing seven communities and eight Relief Societies attended leaders' training demonstration in Navajo County during the week of March 19. One month later, 16 women reported having done some broiling. One woman reported she had not done any.

Taylor

Bernice Larson	Taylor Ward
Florence Hancock	" "
Emily Baldwin	" "
Frances B. Shumway	" "
Irene W. Black	Snowflake 1st Ward R.S.
Irene S. Flake	" " " "
Melba Turley	" " " "
June P. Hatch	Stake R.S. Work Director
Luella B. Webb	Snowflake R.S. Work Director
Louise Devine	" " " "
Jane B. Smith	" " " "
Adele H. Ballard	" " " "
Phyllis B. Peterson	Pinedale Ward R.S.
Myrtle Whipple	Homemaker, Snowflake
Viva Hatch	" "

Whiteriver

Mrs. Dewey Farr	Lakeside R.S.
Mrs. Lila Rhoton	" "
Mrs. Mae Davis	Whiteriver - Homemaker
Mrs. Lonnie Hardin	" "
Mrs. Swen Higdom (hostess)	" "

Holbrook

Rhoda T. Brinkerhoff	R.S. President	Woodruff
Zella S. Turley	" " Work leader	"
Jessie Smith	" " Work Director	Winslow
Helen Adams	" " " Counselor	"
Lucinda Farr	" " Counselor	Holbrook
Mabell Randall	" " Work	
Fern Kutch	" " Holbrook	
Etta Paulus	Homemakers President	Holbrook, Ariz.
Del Spaulding	"	Holbrook
Dorothy Palmer	"	"

No. of leaders - 30  
No. of communities - 7

No. of wards - 8  
No. Leaders helping with preparations and plans - 6

The leaders training meetings were planned to help leaders show the homemakers of their communities or wards how to use their broilers.

The Agent discussed the plans with Miss Jean Stewart. Miss Stewart emphasized the fact that there are three types of cooking stoves in this region:

- 1 - electric - old and new
- 2 - gas - " " "
- 3 - wood and coal (which of course has no broiler as such)

Only two leaders out of 21 indicated they had wood and coal stoves.

Miss Stewart and the Agent also agreed

1. that tender beef steaks are commonly prepared as broiled foods.
2. that pan broiling is more popular than oven broiling because of habit and ease of cleaning the pan compared to the oven broiler pan.
3. that oven broiling was not popular because a. generally speaking it was that it required high temperatures which charred the fat and bone. b. it smoked the kitchen and sometime the rest of the house.
4. that other food can be broiled successfully, foods such as chicken, liver, ham and fish.

With these four factors in mind a leaders training demonstration lesson was prepared. The aims of this demonstration were:

1. Review the kinds of beef cuts which can be broiled successfully. Tenderizers may be helpful to broil cuts not intended for broiling but which can be tenderized and made very palatable. Salisbury steak and a 1" steak from a chuck roast were broiled.
2. To help homemakers become familiar with other foods. chicken (fryer), baby beef or calves liver 3/4" thick and fillets of fish were used.
3. The neglected part of the stove (broiler oven) can be used simultaneously to prepare a whole meal.
  - a. If it's a gas stove, frozen or canned vegetables can be placed in the broiler pan under the rack. The vegetables cook while the meat or fowl is broiling. They are well seasoned by the juices. At the same time desserts or breads may be placed in the rest of the oven.

The desserts or breads should be ones that cook at temperature used for broiling, such as, baked apples, apple sauce cake. Garlic bread or brown and serve rolls are suggested

- b. An electric broiler is more limited because usually the broiler is near the top of oven and the door remains open.

During the actual lesson the local leaders participated in demonstrations where these foods were broiled.

Salisbury steak over whole kernel corn, frozen and canned.  
Chicken over frozen peas.  
Steak from a chuck roast over frozen limas.  
Glazed ham over sweet potatoes.  
Liver broiled with no garnishing vegetables.

To compliment this food slaw was prepared and at two of the demonstrations lemon chiffon pudding was prepared and served. There was a refrigerator at only one of the church kitchens. One demonstration was held in two neighboring homes. At one church there were two ovens with the smallest attendance present. Sizes of the demonstrations ranged from 5 to 15 leaders.

Oven space was scarce. Aluminum foil was used to keep foods warm while we waited for other foods to broil. This helped to make the demonstration possible and with some success.

Leaders were paired off and made responsible for one broiler meal. The Agent prepared the chuck steak at the very beginning of the lesson. It was tenderized with a commercial tenderizer.

A soulful pep talk was necessary to get leaders to volunteer to prepare the liver. Some of them found the texture and appearance of liver unbearable. Others just could not bear to work with it because liver is bloody. The Agent's pep talk started with the value of liver in the family food pattern. Most anyone can become accustomed to the appearance of liver, texture and even the flavor when there is a will. There were women present who confirmed this because of individual experience via the anemic route to health again. Each had regained her health. Liver had been one factor in that program for her. Each time the women who disliked liver for one reason or another volunteered to prepare it.

What success was there in overcoming the negative attitude toward liver? All that can be said is that those leaders who made the personal sacrifice to prepare and serve it did make the supreme effort to taste it. They were surprised at its flavor and pleasing appearance. It is possible that these homemakers will never eat liver anymore often in the future than they did in the past. The extension service, however, "did lead them to the water" and encouraged them "to drink".

Leaders whose food habits include liver were delighted with the pleasing flavor and attractive appearance of broiled liver. They liked the color of the cut edges; no greyish green appearance.

For emphasis it is well to indicate that the calves or baby beef liver was sliced  $\frac{3}{4}$ " thick. The membrane was removed and any large sections of veins or ducts. It was buttered on one side and broiled for 8 minutes, at  $325^{\circ}\text{F}$ , then turned over, buttered and broiled again for 8 minutes.

At three of the demonstrations leaders did not regard the  $\frac{3}{4}$ " thickness as being important so the butcher cut the slices as for frying or  $\frac{1}{2}$ " thick. The leaders stacked two layers of liver and broiled it as if it were one piece. It worked for all practical purposes.

What was "ohed and ahed" over were the glazed ham, broiled fryers and the seasoned vegetables.

Frozen peas, limas, stringbeans and corn were used.

Some of the leaders did not break the frozen mass into smaller pieces to speed up the thawing so we had varied results. For instance - we noted that string beans need longer cooking period or they must be perfectly thawed out otherwise they do not cook during the broiling period for steak. Peas when left in a frozen mass, unbroken were hardly warmed through. On the other hand when they were scattered over the pan and placed under the chicken they were delicious and pleasing in texture, flavor and doneness. Corn gave us no trouble.

To help make broiling an easier preparation device the Agent had with her smaller broiler pans. These pans are available at local variety stores or hardware stores. They are inexpensive. Also she carried with her a small size cookie sheet and a cake cooler. When the cake cooler is placed over the cookie sheet it becomes a very nice broiler pan. Washing them is no trouble at all.

The smoke and charring was eliminated by using temperatures from  $325^{\circ}\text{F}$  to  $375^{\circ}\text{F}$ . The food in the broiler pan was placed so that the food was 3 to 4 inches from the flame or element.

A few observations made during these training meetings were:

1. Oven broiling is not the popular method of preparing foods.
2. More than 80% of these leaders had never used the broiler
3. They were glad to have the experience in broiling.
4. Pan broiled or fried are common methods of preparing foods.
5. Leaders seemed eager to help 5 other homemakers learn about broiling foods.
6. One homemaker brought her very new electric table model broiler she had received as an anniversary gift. She had not used it before. With her partner she broiled chicken in this device. It was very nice.

## Home Demonstration

### MEAL PLANNING IS KEY TO FAMILY HEALTH

You, as a homemaker, have your family's health in the palm of your hand. You hold the key to your children's growth and your husband's ability to work.

Meals carefully planned cost no more than haphazard cooking according to June Gibbs, extension nutritionist for the University of Arizona. By simply following a basic plan, one week at a time, you can be assured that you are doing everything possible to maintain the family's health.

Just to be sure you include these basic food groups in your plans; for every person:

Milk—serve at least two glasses daily to adults; three or more glasses each day to children.

Vegetables — Plan on two or more servings of green or yellow vegetables daily; greens often —

one serving of potatoes a day or as calorie needs allow.

Fruits — Non-citrus: one serving daily. Citrus: both fruits and juices, one serving each day.

Serve one egg to each person each day.

Meat, cheese, poultry — once each day — should be included in your menu. Liver and fish fall into separate groups and should be served once each week.

Be sure that somewhere in your plans there are two servings daily of cereal and bread, either whole wheat or white.

Two or more tablespoons of butter or enriched margarine should be worked into the family's food schedule, along with no more than three ounces of sweets per person daily.

Sample - Home Agent Column

Holbrook Tribune News

Friday, November 16, 1956



## FOOD PRESERVATION

A Pressure Cooker Clinic was held at the Snowflake L.D.S. Church kitchen. Twenty-three women attended the meeting testing 29 cookers. Homemakers and two L.D.S. Church Relief Societies were invited to the meeting. It had been twelve years since one cooker was tested. Another cooker hadn't been tested for five years.

On Program Planning Day, the women requested that Pressure Cooker Clinics be held again the summer of 1957.

## HOME MANAGEMENT

"Simplified Slip Covers" was a demonstration given to three groups in Navajo during April by Mrs. Madeline McConnico. Seventeen women attended the meeting at Snowflake. At the McNary meeting (Apache County), 4 Navajo County women attended from Whiteriver and Lakeside. At the Winslow meeting 18 women attended. A Holbrook Homemaker presented this demonstration to the Homemaker Club.

There was interest shown in this particular demonstration. For one thing, homemakers were interested in learning how to construct slip covers as easily as possible. The other important factor with which they are involved is cleaning or laundering the slip covers. The demonstration was outlined into 4 phases. All information was taken from Simplified Slip Cover - Circular #235.

1. An opportunity to see for themselves that the simplified slip cover works.
2. Explained what makes the simplified slip cover possible.
3. The techniques and factors required to get the proper fit.
4. Redressing the chair with the models worked on during the demonstration.
5. Suitable fabrics and findings.  
Reason for doing it in this manner: Demonstrating the making of slip covers involves more than can be done in one demonstration. Therefore, it is necessary to narrow it down to the most important points.

Mrs. McConnico put the constructed pieces of slip cover on the chair, fitting them closely with tidy pins. The models of the various flounces were finished in to show the affect.

While each piece was put on the Agent explained the features of construction which makes it possible. For instance: The back went on first. There are three things which help make the back fit well.

1. Pinning the front to the back on the grain of the fabric. Make sure the fullness along the top is well arranged and made secure.
2. Marking the curved line and clipping the curved areas where the back joins the arms. Sewing on to this clipped curved line a bias tag. Explain the reason for the bias and the width of the bias.
  - a. Same for curve on arm

4. With an unmarked piece of material blocked off for the purpose, the Agent draped it to the chair, marked it and demonstrated how to clip and attach the bias tag and the tabs in the proper places. The Agent showed how to put together the seat and the arm pieces by hand stitching.
  - a. noted the type of fastening which would be desirable for back
  - b. noted the desirable type of flounce.
  - c. noting the desirable seams and finishes. This step completed the demonstration except for questions.

Questions were asked in regard to particular chairs such as:

1. Davenport which makes into a bed when the back drops to the level of the front.
2. Wing chairs.
3. Chairs with cushions - How to cover cushions?
4. Couches with large box like arms.
5. Platform rocker etc.

Fabrics and findings were discussed.

Homemakers in the area are limited somewhat in their shopping. They did like the denim being used in the demonstration.

"Getting Your Money's Worth in Soaps and Synthetic Detergents" was the demonstration offered to two groups in Navajo County in November. This subject will be offered other groups in January, 1957.

At the Winslow meeting offered to the L.D.S. group, nine people attended. Mrs. Jessie Smith said that many people were sick or their children were sick or the attendance would have been larger. The women decided Winslow water is 10 grains of hardness.

Both Mrs. Paulus and Mrs. Alley offered their homes for the Homemaker meeting at Holbrook. Since Mrs. Paulus is President of Homemakers, her home was selected. Holbrook water tested 11 grains of hardness.

All of us are well aware of the changes in wash day since our Grandmothers did the family wash. For most of them it was the tub, rub board, lye soap and a wash pot. Still, neither our automatic or conventional washers of today insure us of a clean wash. The answer lies in whether or not one has hard or soft water. If one has hard water, just what is done about it? It is the limestone that combines with soap and dirt to give clothes a grey tinge; the lime ties up soap molecules making more soap necessary. Grey clothes actually contain soap curd plus some dirt. With grey clothes, everyone just about, thinks of bleaches. Quoting from Miss Grace Ryan's bulletin, Help Yourself to Laundry Aids note the following:

"Bleaching is no substitute for good washing. Bleaches remove color (either as a stain or a dye) but do not remove soil. Bleaches can whiten dingy fabrics damaged by poor washing and rinsing. The regular use of bleaches is not good. All bleaches (even sunshine) will weaken and rot cotton, lined and some rayons, if left on too long. Bleaches may affect the permanent finish of some cottons. Liquid bleaches will discolor white woollens or pure silks. Leave bleaches on only short periods of time. Rinse thoroughly. Frequent, moderate washing is easier on clothes than bleaching."

So if bleaches weaken fabrics making them wear out quicker, bleaches are not the real answer to hard water. Could the answer be bluing? In that same bulletin, Help Yourself to Laundry Aids written by Miss Grace Ryan, it says that the grey of deposited soap curd is only covered by bluing, never removed by it. The real answer is by softening the water.

There is a test to see whether or not this water is hard and if it is hard, just how hard it is. These bottles hold two ounces. They are marked off by  $\frac{1}{2}$  ounce marks. So the one ounce mark is right here. Add 1 ounce of water to be tested. Now add one drop of Tincture of Green Soap(USP). Add the bottle cap and shake. Continue this process until  $\frac{1}{2}$  inch of suds will stand for 5 minutes on the top of the water. By counting the drops of soap, you have counted the grains of hardness the water is. There are 12 bottles for testing water and 4 bottles for Tincture of Green Soap. So several of you can make this test. Then the results can be checked-(The women do this)-This is a water hardness map of the United States-This map indicates all of Arizona has hard water.

Softening the water really is the answer. In some localities water softening is sold as a monthly service. Some people buy a water softener system and have it installed. Other people are helped by packaged water softeners. These packaged water softeners are generally of two types....the precipitating ones and the non-precipitating ones. This next test should show the difference of these two types. To each of three pint jars is added  $\frac{1}{2}$  cup of warm water. To the first jar, nothing is added. To the second jar  $\frac{1}{2}$  teaspoon of Calgon is added. To the third jar,  $\frac{1}{2}$  teaspoon White King Water softener is added. Now dip soap such as Ivory up and down in each jar until a suds is formed. The Calgon is the non-precipitating type which does not leave a deposit in the bottom of the jar. The non-precipitating water softener contains phosphates which act to tie up the hardness minerals so the soap or detergent is completely free for cleaning action. The jar with the White King Water Softener does have a deposit in the bottom of the jar which may or may not hurt clothing according to Miss Ryan. The precipitating softener is an alkaline softener. In general, it is believed the non-precipitating packaged water softeners to be the best; however if a person were using White King soap the White King water softener would be logical. On the mimeographed sheets is the table which shows how much Calgon Water softener is recommended for various grains of hardness in water. If a washer holds ten gallons of water and the water is ten grains of hardness, add  $\frac{1}{2}$  cup of water softener to the washing load.

The third test is called the "Blanket Race." On the mimeographed sheets there is the explanation of built and unbuilt soaps and synthetic detergents. Unbuilt means the soap or synthetic detergent is neutral and meant to be used for lightly soiled, fine, dainty clothing. The built soap or synthetic detergent is alkaline which helps it remove acids from clothing. These are meant for all purpose laundry and for heavily soiled garments. In order to sell their product, manufacturers add various chemicals that do various things. To illustrate this point, here is the "Blanket Race." These four pyrex Bowls are filled  $\frac{1}{2}$  full of warm water. Nothing is added to the first dish. Add  $\frac{1}{4}$  t. of Ivory Snow to 1 dish;  $\frac{1}{4}$  t. of All to one dish; and  $\frac{1}{4}$  t. Tide to 1 dish. Stir each dish to mix well. Now add a small piece of blanket to each dish. The blanket pieces are all the same sizes. Notice the blanket pieces do not get wet and sink at the same time. All has that "something" added to cause clothes to get wet more quickly so that the washing process can begin more quickly.



The fourth test is called stripping out old soap, this is to me, one of the most important tests. Add two cups of warm water to each of two clear glass mixing bowls. Add nothing to one bowl. Add one teaspoon Calgon to the second bowl. Now add a clean, freshly laundered wash cloth to each bowl. These wash cloths were washed and rinsed in a regular family wash, but water softener was not used. Notice soap is coming out of the wash cloth that is in the softened water and it is not coming out of the other cloth. The water is dirtier too in the softened water. So if clothes get that tattle-tell grey, just wash them without any soap but add water softener. This removes the grey soap curd. By adding  $\frac{1}{2}$  as much softener to the first rinse water as to the regular washing period, soap is removed from the garment instead of being locked in the garment.

The last test is "Does The Detergent Bite?" Three pyrex bowls are filled  $\frac{1}{2}$  full with distilled water. Add  $\frac{1}{2}$  t. Ivory Snow to 1 bowl; add  $\frac{1}{2}$  t. All to 1 bowl; add  $\frac{1}{2}$  t. Rinso (soap) to 1 bowl. Stir each to mix well. This is litmus paper. If it turns red, it is an indication the solution is acid. If it turns blue it is basic or in this case alkaline. Since Ivory Snow is an un-built soap, it should be neutral. The All and Rinso should turn blue. Avoid using an alkali on silks or wool since it is not good for them. This means use an un-built soap or synthetic detergent on them.

In summary, do use a water softener to save money. Clothes don't develop holes like these caused by bleach. Less soap is needed, no bleach is needed, and no bluing is needed. Clothes will be softer too while they wear longer.

Miss Grace Ryan, Home Management Specialist helped the Home Agent by showing her various tests and providing her with the necessary information.

## COMMUNITY LIFE

The Navajo County Fair is the biggest community event each year. Mrs. Belle Tanner was in charge of the Women's Division of the fair, with Mrs. Herb. Gresham in charge of 4-H. It turned out that Mrs. Gresham was sick the day that entries were taken with on one to take her place. Mr. John Miller, Fair Secretary, had a commercial painter paint signs that were needed. The Home Agent helped make signs with the names of 4-H Clubs on them in hopes that it would add interest to 4-H Club work. Another year, probably a committee could do this. One of the biggest helps of the fair was done by Mr. Gregory, County Agent. With prison labor, he saw that all tables were covered with fresh paper. The prisoners can shorten their stay by working, and they did a wonderful job. The paper was tight and every table was real neat.

In 4-H Foods, there were 10 entries. In 4-H Clothing, there were 28 entries. There was no Home Furnishings. There would possibly be more entries if the Danish system of judging were used.

The Women's Division had a large number of entries with pretty quilts and crocheted table-cloths and bedspreads. Mrs. Ken. Leopold received a blue on a knitted dress, blue on a hat, blue on gloves, blue on a baby set, as well as other garments she made. The winner of the Crochet Contest was Mrs. W.D. Tuley on her crocheted bedspread. Recommendations for another year include:

1. Having a committee meeting soon as possible and revise the fair book.
2. List various committees in the fair book along with the head of the department after first checking with these people.
3. Consider the Danish system for judging 4-H.

Mrs. Isabelle Pace judged the adult clothing and Food Preservation, while Mrs. Betty Jo Nelson judged 4-H and adult foods. Both judges did a fine job. Miss Jean Stewart helped arrange quilts and canning exhibits. The women appreciated this very much.

4-H CLUB WORKSummary

23 - 4-H Clubs  
 46 - 4-H Club Leaders and Assistants  
 3 - Junior Leaders  
 3 - Home Economics Training meetings  
 309 - 4-H Club Members  
 375 - 4-H Club Projects  
 6 - 4-H Achievement Days  
 1 - 4-H Fair (County)  
 1 - 4-H Fair at Keams Canyon  
 52 - 4-H Members attended Round-up  
 10 - 4-H Members attended Prescott Camp  
 25 - 4-H News Stories  
 3 - Radio Programs

Navajo County has lots of 'teen Ager's. The problem lies in having time to locate leaders and time to train these leaders. At present Show Low does not have a club but contacts indicate it will be easy to organize a club there. Mrs. Kavina, Home Economist, resigned and this will be quite a blow to a number of Indian 4-H Clubs. It is hoped that a new person will be employed soon to fill the gap. There are around 200 Indian 'teen agers living in a dormitory in order to go to school, in Holbrook. So it's just a matter of time as to how many clubs can successfully be carried on.

The Home Agent plans on getting certain procedures on an automatic basis according to the calender, as well as according to requests in order to save time.

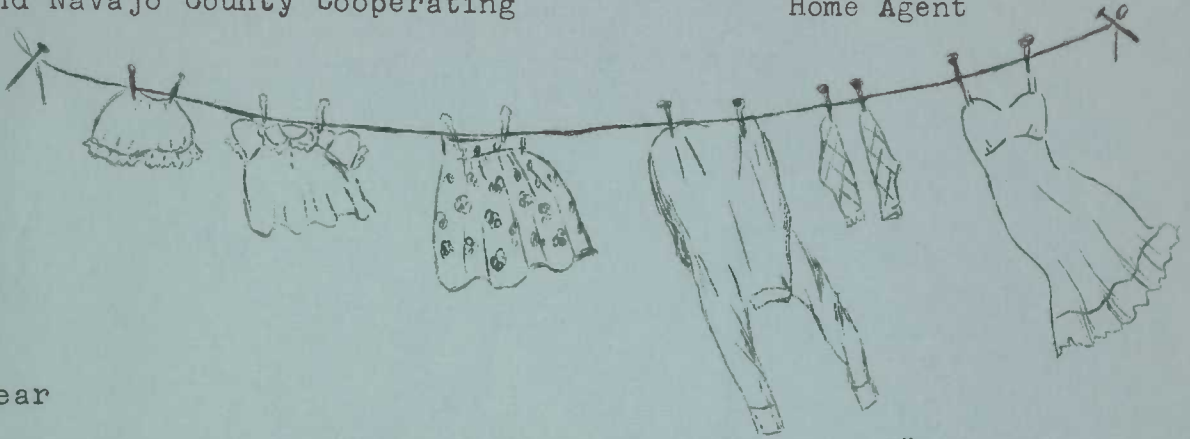
1955 4-H Club Enrollments

Projects	Enrollments		Completions	
	Boys	Girls	Boys	Girls
Clothing		212		155
Food Preparation		48		37
Food Preservation		0		0
Junior Leader		1		1
Home Furnishings		1		1

COOPERATIVE EXTENSION SERVICE  
IN  
AGRICULTURE AND HOME ECONOMICS  
STATE OF ARIZONA

University of Arizona  
College of Agriculture  
U.S. Department of Agriculture  
and Navajo County Cooperating

Agricultural Extension Service  
County Agent Work  
Home Agent



Dear

"Getting your money's worth in Soap and Detergents", is the topic of my demonstration that is being given groups during the months of November and January.

You have been scheduled for this meeting as follows:

What: "Getting your money's worth in soaps and detergents."

What to Bring: A sample of your water to test for hardness.

When:

Where:

Why: To save money with the result a clean wash without injury to fabrics.

Who may attend: members and guests

So I'll be seeing you real soon!

Yours very truly,

*Bettie Mead*  
Bettie Mead  
Home Agent

